



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 03206, Babyfood, cookie, baby, fruit

Report Date: June 24, 2017 23:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cookie 8g
<b>Proximates</b>					
Water	g	5.70	--	--	0.46
Energy	kcal	435	--	--	35
Energy	kJ	1820	1	--	146
Protein	g	6.80	1	--	0.54
Total lipid (fat)	g	12.60	1	--	1.01
Ash	g	1.20	--	--	0.10
Carbohydrate, by difference	g	73.70	--	--	5.90
Fiber, total dietary	g	3.4	--	--	0.3
Sugars, total	g	24.20	--	--	1.94
<b>Minerals</b>					
Calcium, Ca	mg	83	--	--	7
Iron, Fe	mg	2.90	--	--	0.23
Magnesium, Mg	mg	30	--	--	2
Phosphorus, P	mg	189	--	--	15
Potassium, K	mg	425	--	--	34
Sodium, Na	mg	9	--	--	1
Zinc, Zn	mg	0.80	--	--	0.06
Copper, Cu	mg	0.040	--	--	0.003
Manganese, Mn	mg	0.220	--	--	0.018
Selenium, Se	µg	20.5	--	--	1.6
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.5	--	--	0.1
Thiamin	mg	0.440	--	--	0.035

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cookie 8g
Riboflavin	mg	0.420	--	--	0.034
Niacin	mg	3.600	--	--	0.288
Pantothenic acid	mg	0.389	--	--	0.031
Vitamin B-6	mg	0.210	--	--	0.017
Folate, total	µg	110	--	--	9
Folic acid	µg	82	--	--	7
Folate, food	µg	28	--	--	2
Folate, DFE	µg	167	--	--	13
Choline, total	mg	12.0	--	--	1.0
Vitamin B-12	µg	0.22	--	--	0.02
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	117	--	--	9
Retinol	µg	0	--	--	0
Carotene, beta	µg	1002	--	--	80
Carotene, alpha	µg	810	--	--	65
Cryptoxanthin, beta	µg	2	--	--	0
Vitamin A, IU	IU	2348	--	--	188
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	175	--	--	14
Vitamin E (alpha-tocopherol)	mg	1.48	--	--	0.12
Vitamin E, added	mg	0.46	--	--	0.04
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	3.2	--	--	0.3
<b>Lipids</b>					
Fatty acids, total saturated	g	2.700	--	--	0.216
4:0	g	0.015	--	--	0.001
6:0	g	0.009	--	--	0.001
8:0	g	0.005	--	--	0.000
10:0	g	0.012	--	--	0.001
12:0	g	0.013	--	--	0.001
14:0	g	0.061	--	--	0.005
16:0	g	1.738	--	--	0.139

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cookie 8g
18:0	g	0.840	--	--	0.067
Fatty acids, total monounsaturated	g	4.865	--	--	0.389
16:1 undifferentiated	g	0.051	--	--	0.004
18:1 undifferentiated	g	4.798	--	--	0.384
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	4.334	--	--	0.347
18:2 undifferentiated	g	4.020	--	--	0.322
18:3 undifferentiated	g	0.300	--	--	0.024
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	4	--	--	0

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0